[illegible]

* [illegible]
* [illegible]
* [illegible] **Naloxone** [illegible] **COMT**
* [illegible]
* [illegible]
* [illegible] **MTHFR**
* [illegible] **Recovery Kernel** [illegible]
* [illegible]

findahelpline.com [illegible]

[illegible] Recovery Kernel

[illegible] · [illegible] · [illegible]/[illegible]/[illegible] · [illegible]

⚠ [illegible] – [illegible] | [illegible]: [illegible] [illegible]: 1669 [illegible] 191 [illegible] [illegible]: 1323

[illegible] 3 [illegible]

[illegible]

[illegible] Recovery Kernel [illegible]

[illegible] "delirium tremens" [illegible] 15% [illegible]

[illegible] Recovery Kernel [illegible]

[illegible] —[illegible]—[illegible]

⚠ [illegible] — [illegible]

- [redacted]?
- [redacted]?
- [redacted]
- [redacted]?

[redacted]

[redacted]

[redacted] Recovery Kernel [redacted]

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	(glutamate) [illegible]	
[illegible]	[illegible]	[illegible] 5-HTP, 5-MTHF [illegible]
[illegible]	[illegible]-[illegible] OPRM1 A118G	[illegible], [illegible], [illegible] [illegible] OPRM1 [illegible] Naloxone.

[illegible] — [illegible]

THE CENTURION — [illegible]

[illegible]: [illegible] ([illegible] ADH1B) [illegible] ([illegible] ALDH2) [illegible] DNA, [illegible], [illegible]

[illegible]:

[illegible]	[illegible]	[illegible]
[illegible] ADH1B [illegible] (rs1229984)	[illegible] ALDH2 [illegible]	[illegible] ADH1B [illegible] ALDH2 [illegible] ADH1B [illegible]

		[illegible] ALDH2 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] ALDH2*2 (rs671) — [illegible]	[illegible] * [illegible] heterozygous (*1/*2): [illegible] 50% [illegible] * [illegible] homozygous (*2/*2): [illegible], [illegible]	[illegible] ALDH2*2 [illegible] [illegible] (AUD) [illegible]
ALDH2*1/*1 ([illegible])	[illegible] — [illegible]	[illegible] (GABRA2, OPRM1, COMT) [illegible] ALDH2 [illegible]

[illegible]—[illegible]

THE CENTURION — [illegible]

[illegible]

- [illegible]: [illegible] → [illegible] → [illegible] (LFT) [illegible]
- [illegible] 1 ([illegible]): [illegible] 1 [illegible]

□□□

[illegible] 2 — [illegible]

[illegible] 50-60% [illegible] Recovery Kernel [illegible]

[illegible] DNA [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
GABRA2	[illegible] GABA-A [illegible]-2 — [illegible]	rs279858 / rs279845: [illegible]	[illegible] Recovery Kernel [illegible] GABA [illegible] "[illegible]" [illegible] GABA [illegible] GABA [illegible]
OPRM1	[illegible] (Mu-opioid receptor) — [illegible]	A118G (rs1799971)	[illegible] A118G [illegible] nucleus accumbens [illegible] A/A [illegible] Naloxone [illegible] A118G [illegible]
COMT	[illegible]	Val158Met (rs4680)	[illegible] COMT [illegible] (Met/Met, [illegible] Sage) [illegible]

	[illegible]		[illegible] [illegible] GABA [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] COMT [illegible] ([illegible] Warrior) [illegible] [illegible] [illegible]
ALDH2	Aldehyde dehydrogenase 2 — [illegible]	rs671 (*1/*1, *1/*2, *2/*2)	[illegible] [illegible] *2/*2 [illegible] [illegible] [illegible] [illegible] [illegible] N-acetyl cysteine [illegible]
ADH1B	[illegible] — [illegible]	rs1229984 ([illegible])	ADH1B [illegible] ([illegible] His48) [illegible] [illegible] [illegible] ADH1B [illegible] [illegible] [illegible] (AUD) [illegible]
MTHFR	[illegible]—[illegible]	C677T (rs1801133), A1298C (rs1801131)	[illegible] [illegible] MTHFR [illegible] [illegible] [illegible] 5-MTHF [illegible] methylcobalamin [illegible]
DRD2 /	[illegible]	Taq1A	A1 allele ([illegible] D2 [illegible])

ANKK1	[illegible] D2	(rs1800497)	[illegible] Reward Deficiency Syndrome [illegible]
SLC6A4 / 5-HTTLPR	[illegible]	[illegible]	[illegible]/[illegible] [illegible] (AUD) [illegible] 5-HTP, 5-MTHF [illegible] SSRIs [illegible]
CYP2E1	Cytochrome P450 2E1 — [illegible]	[illegible] (rs2031920, rs3813867)	[illegible] CYP2E1 [illegible] N-acetyl cysteine (NAC) [illegible] ([illegible] precursor [illegible] glutathione, alpha-lipoic acid) [illegible]
CYP2C19 / CYP2D6	[illegible]	[illegible]	[illegible] naltrexone (CYP3A4), acamprosate ([illegible] CYP — [illegible]), disulfiram [illegible]

[illegible]

[illegible]:

- [illegible]? [illegible] [illegible] Sage COMT (Met/Met) [illegible] GABRA2 [illegible]
- [illegible], [illegible], [illegible]? → [illegible], [illegible] OPRM1 A118G + [illegible] COMT [illegible] "Warrior" [illegible]
- [illegible]? [illegible] DRD2 [illegible] GABRA2 [illegible] (RDS) [illegible]
- [illegible] ([illegible], [illegible])? [illegible] ADH1B [illegible] ALDH2 [illegible].
- [illegible]? [illegible]? [illegible] MTHFR [illegible] 5-MTHF [illegible]

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			[illegible] Glycinate [illegible]
[illegible] ([illegible])	[illegible] - [illegible] 1	[illegible]	[illegible]: [illegible]1, [illegible]2, [illegible]3, [illegible]5, [illegible]6, [illegible]9, [illegible]12 [illegible] (methylcobalamin, methylfolate) [illegible] cyanocobalamin [illegible] folic acid [illegible] methylation [illegible] active [illegible]
5-MTHF (L-methylfolate)	[illegible] - [illegible] 1	400-1000 [illegible]	[illegible] MTHFR [illegible] 5-MTHF [illegible] MTHFR [illegible] 1–2 [illegible]
[illegible]	[illegible] - [illegible] 1	25–30 [illegible]	[illegible] GABA, [illegible], [illegible]
[illegible] 3 + [illegible] 2	[illegible] - [illegible] 1	3000–5000 IU [illegible] 3 [illegible] 100 [illegible] 2 [illegible]	[illegible] D3 [illegible] GABA [illegible] K2 [illegible] D3 [illegible]

	1	500-2000	
	1	0.8–1	
		30-50	

4.2 — GABA

THE CENTURION —

GABA GABA
GABA

/			**GABA**
()	300–400		GABA NMDA

			GABA □□□□

			[illegible] GABA [illegible] GABA [illegible] GABA [illegible] Phenibut ([illegible] GABA) [illegible]
[illegible] (Melissa officinalis)	300–600 [illegible] ([illegible])	[illegible]	[illegible] GABA transaminase [illegible] GABA [illegible] GABA [illegible] 2-8 [illegible]

4.3 — [illegible]

[illegible] GABA [illegible], [illegible], [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
5-HTP ([illegible])	50–200 [illegible]	[illegible] - 30 [illegible]	[illegible] 5-HTP [illegible] 50 [illegible] SSRIs [illegible] SNRIs [illegible] ([illegible]) [illegible]

			[illegible]
L-[illegible]	500–2000 [illegible]	[illegible], [illegible]	[illegible] 5-HTP [illegible] 5-HTP [illegible] 5-HTP [illegible]
L-Tyrosine / NALT	500–1500 [illegible]	[illegible]	[illegible] "Warrior COMT" [illegible] DRD2 [illegible] 7 [illegible] MAOIs
SAMe	400–800 [illegible]	[illegible], [illegible]	[illegible] (methyl donor) [illegible]: [illegible] Mania [illegible] (CYP interaction) [illegible]
Rhodiola rosea	300–600 [illegible]	[illegible]	[illegible]; [illegible]; [illegible]

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4.4 — □□□□□□□□□□□□□□□□□□□□□□

THE CENTURION — □□□□□□□□□□□□□□□□□□□□

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	[illegible]		[illegible] BPC-157
Selank	[illegible] GABA [illegible]; [illegible]; [illegible]	[illegible] 1–8 — [illegible]; [illegible] GABA [illegible]	Selank [illegible] GABA [illegible] Selank [illegible] benzodiazepine [illegible]
[illegible]	[illegible]; [illegible]; [illegible]; [illegible]	[illegible] 1–4 — [illegible] 10 [illegible]	[illegible] Epitalon [illegible]
Thymosin Beta-4 (TB-500)	[illegible]; [illegible]; [illegible]	[illegible] 1-3 [illegible]	[illegible] ([illegible]) TB-500 [illegible]
Semax	[illegible] BDNF; [illegible]; [illegible]	[illegible] 2 [illegible]	[illegible]

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THE CENTURION — □□□□□□□□□□□□□□□□□□

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□□□□□□□ 6 — □□□□□□□□□□□□□□□□□□□□: □□□□□ GABA □□□□□□□□□

**THE CENTURION — □□□□□□ Centurian □□□□ C-28 □□□□□□□□□□□□□□□□□□□□

		[illegible] — [illegible].
[illegible]	[illegible]	[illegible]: [illegible]: [illegible], [illegible], [illegible]

[illegible] GABA [illegible]

THE CENTURION — [illegible]

[illegible] Sage—[illegible] Sage—[illegible]

- [illegible] 10 [illegible] GABA [illegible] 04 (Dharma Recovery) [illegible] Compendium [illegible]
- [illegible] 4 [illegible] BDNF [illegible]/[illegible]
- [illegible] (flow state) [illegible] GABA [illegible]

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[illegible] 7 — [illegible] Recovery Kernel: [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
[illegible] ([illegible] 0-7 [illegible])	[illegible] — [illegible]	[illegible]	[illegible] Recovery Kernel [illegible] "[illegible]"
[illegible] ([illegible] 1-14)	[illegible] 07, [illegible] 09, [illegible] 17, [illegible] 18	[illegible], [illegible] 1 ([illegible]), [illegible], [illegible], [illegible]	[illegible] 1 [illegible] 1 [illegible] 1 [illegible] 1 [illegible] 18 ([illegible]) [illegible] 09 ([illegible]-[illegible]) [illegible] 1 [illegible]
[illegible] ([illegible] 1-4)	[illegible] 15 ([illegible]), [illegible] 11, [illegible] 12	[illegible] GABRA2, OPRM1 [illegible] Naloxone, [illegible] COMT, MTHFR	[illegible] GABRA2 [illegible] OPRM1 A118G [illegible] ([illegible], [illegible] Naloxone) [illegible].
[illegible] GABA ([illegible] 1-12)	[illegible] 04, [illegible] 01 [illegible], [illegible] 4.2 [illegible]	[illegible] GABA, [illegible], [illegible], [illegible]	[illegible] GABA [illegible]
[illegible]	[illegible] 02, [illegible] 05,	[illegible], [illegible]	[illegible]

[illegible] ([illegible] 2-12)	[illegible] 06, [illegible] [illegible] 08, [illegible] 13	[illegible], [illegible], [illegible], [illegible]	[illegible] [illegible] 02 [illegible] [illegible] [illegible]

[illegible] 8 — [illegible]

[illegible] 10% [illegible]

[illegible] Recovery Kernel [illegible]

[illegible] (FDA) [illegible]

*   **Naltrexone:** [illegible]
*   **Acamprosate:** [illegible]
*   **Disulfiram:** [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
Naltrexone ([illegible] / Vivitrol)	[illegible] opioid — [illegible]	[illegible]	[illegible] OPRM1 A118G [illegible] 3 [illegible] (Naltrexone) [illegible] (Vivitrol) [illegible] (The Sinclair Method) [illegible]
Acamprosate (Campral)	[illegible] GABA [illegible] — [illegible]	[illegible]	[illegible] GABA (GABRA2 [illegible])

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Disulfiram (Antabase)	□□□□□□□□□□□□□□□□□□□□□□ ALDH2 — □□□□□□□□ □□□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□ □□□□□□□□□; □□ □□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□	□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

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[redacted]

THE CENTURION — [redacted]

[redacted] GABA [redacted]
[redacted]
[redacted]

[redacted]

[redacted]

[redacted] Recovery Kernel [redacted]—
[redacted]

[redacted] GABA
[redacted]—
[redacted]

Recovery Kernel [redacted]
[redacted]

[redacted]

— — —

[redacted] "Recovery Kernel Centurion" [redacted]

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ [redacted] —

[redacted] Recovery Kernel | [redacted]